



## About Roberta

My name is Roberta Fernandez. I am certified:

- by the National Guild of Hypnotists as a Board Certified Hypnotist
- by the National Guild of Hypnotists as a Certified Instructor
- by the National Guild of Hypnotists in their Complementary Medical Certification in Pain Management from the American School of Clinical Hypnosis, International
- as a Consulting Hypnotist and NLP Master Practitioner by the Minnesota Institute of Advanced Communication Skills
- as a 5-Path Consulting Hypnotist and Certified Professional Hypnosis Instructor with the Banyan Hypnosis Center

I am the author of *Breaking Free from Pain and Opioids: Discovering the Hypnosis Option*. I have 30 years experience in consulting, education, training, and finance, working across public and private sectors. Past clients include Kemps, Pentair, Sam's Club, Starwood VO, JP Morgan Chase, the MPCA and DNR, and many government and educational institutions.

Having used hypnosis successfully in so many ways for myself, I feel compelled to help others become more positive, productive, and purposeful in achieving their life goals.

Roberta Fernandez, BCH, CI, CPHI  
952-934-1315

[Roberta@FAREHypnosis.com](mailto:Roberta@FAREHypnosis.com)  
[www.FAREHypnosis.com](http://www.FAREHypnosis.com)

**FARE HYPNOSIS CENTER**  
8353 CRYSTAL VIEW RD #201  
EDEN PRAIRIE, MN 55344



## STRAIN DRAIN STRESS AND RELAXATION PROGRAM

What do employee turnover, diminished productivity, absenteeism, and insurance costs have in common? Stress.

Provide your employees with this important tool to help them reduce the strain and help you eliminate the financial drain, with the Strain Drain program.

# Strain Drain for Groups

## Workshop Fees

Workshop Fees	
3 Hour	\$900
6 Hour	p

## 3 Hour Session

### Agenda:

- Stress self assessment
- Causes of stress in the workplace
- Effects of stress on the body and emotions
- Change
- Problem Assessment
- Goal Setting and Planning
- Stress Reduction Action Plan

## 6 Hour Session

### Agenda:

- Morning session above
- Mindfulness
- Exploration of hypnosis
- Breathing and calming technique
- Learn and practice self hypnosis and stress
- Management techniques. Participants receive a Self Hypnosis CD for daily use and a stress management CD.

## Do You Know?

- A 2011 survey from ComPsych says 2/3 claim high stress levels and 29% come to work too stressed to be effective five or more days per year. This is an increase of 19% from the previous year
- 66% of workers continue to have sustained, high stress levels, with extreme fatigue or feeling out of control.
- Workload remains the top cause of stress (40%), followed by people issues (33%), juggling work/personal life (18%) and lack of job security (9%)
- 45% say they lose 15-30 minutes each day in productivity and 34% say they lose 1 hour or more each day
- Stress impacts effectiveness at work. 47% cite ineffectiveness 1-4 days each year, 29% cite 5 or more days, and 24% say it doesn't effect them
- 52% say stress accounts for absences 1-2 days each year, 30% miss 3-6 days and 18% say they miss more than six days
- Coping strategies for stress included frequent stress breaks at work to talk to others (52%), working harder (35%) and taking the day off (13%)
- The World Health Organization (WHO) estimates that stress costs US businesses about \$300 billion per year

## Facts About Hypnosis

Hypnosis is a heightened state of awareness and focus, when a person is open to new thoughts and ideas.

Our goal is to help participants utilize this natural state of mind intentionally and purposefully by teaching them self-hypnosis. This enables them to reach their goals easily and more effectively, and empowers them by providing tools for their self-care.

Hypnosis is a 100% consent state. The person is always in complete control and will only accept ideas that are congruent with their values. No one can not be forced to do or say anything that they would not normally do outside of hypnosis. It is non-invasive and has no negative side effects. There are many scientific studies and research on the efficacy of hypnosis for pain, fears, worry, sleep and other physical ailments.

FARE Hypnosis offers group programs and workshops to help employees use the power of their own minds to manage their stress and pain, stop smoking and lose weight. Among them are:

Strain Drain  
Breathe Deep  
FARE Weight  
Breaking Free from Pain

Programs on other topics such as confidence building and organizational change are individually designed to meet the needs of your goals and culture.

Helping employees gain control over their own physical and mental health can change their lives for the better and save your organization money.